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Mat-Su Monitor

FALL 2018 VOLUME 42 NUMBER 1

Worst Christmas Present Contest

Reader Involvement Required!

Hey there, readers of the Mat-Su Monitor! (I'm proud of you, btw. Thanks for the school involvement! ;)) We want to know what the worst Christmas present you (or someone you know) ever received is. Was it an ugly sweater? A single Kleenex? My uncle once got a pair of "new" underwear with the

See **CONTEST** *page 2*

Mat-Su College to Host Post-Secondary Division Chapter for BPA

By Ryan McCrossin

The workforce, whether it be in retail, on the slope, or through a path of post-secondary education, is a vital part of life for Alaskans and people across America. Alaska Career and Technical Student Organizations (CTSOs) held performance-based assessment conferences in Anchorage last year. Alaskan high school students from around the state gathered in March to participate in these State Leadership Conferences. The CTSOs involved were Business Professionals of America (BPA), Educators Rising, FCCLA, HOSA and SkillsUSA. There are many paths young adults across the state can take, and these CTSOs have been a means for students to explore careers, showcase skills learned, and gain leadership skills.

Business Professionals of America is a national

See BPA page 15

Halloween comes to the Mat-Su College Campus: in a harmless act of public decoration, somebody hung these small plastic skeletons on trees near Okeson pond. For a map to the pond so that you can see them for yourself, visit http://www.matanuska-greenbelt.org/

What's up with the Cafe?

By Jason Duhnam

Since the start of the semester, the Mat-Su College cafe has been closed, limiting many students and faculty in their choices for a filling meal on campus. The cafeteria was an excellent thing to have at the college, and served many as an easy and satisfying choice to where they chose to eat. While the details of the cafe's

See **CAFE** *page 4*

Get involved with your STUDENT GOVERNMENT Meetings Wednesday 11:50 - 12:50 FSM 105

Math Cram Jam

The Math Department invites students to study with faculty. Saturdays

Oct 20, Dec 8

9:00 - 2:00

In Snodgrass Hall

Take the Journey

Mat-Su College is sponsoring a series of activities this fall semester to stay healthy as you make your way through this exciting, but often hectic time in your life.

T-shirts promoting respect and nonviolence were displayed on campus as part of the

Clothesline project. More pictures and info on page 9.

Midterm Elections Right Around the Corner

By Miles Gibson

For many students at Mat-Su College this is the first time participating in the voting process. There can be a lot of questions: where is my polling location? Am I registered in the right district? How do I vote out of state, or cast an absentee ballot?

This can seem overwhelming, but with a little information and some foresight you will be ready to make you voice heard this midterm election.

If this is your first time participating in the election process you may not know what you are voting for, or what a midterm election even is. The midterm election is exactly what it sounds like. It is the election two years after the last presidential election, and often used as a national consensus of how Americans feel about the current presidential regime. As Alaskans you will also be voting for United States House representatives, governor, lieutenant governor, as well as state House representatives. While everyone will be voting for the same candidates in the US House representatives, governor and lieutenant governor, your state representative candidates will differ on depending on which district you live in.

A complete list of candidates by districts can be found at The Alaskan Division

See* ELECTIONS *page 15

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Upcoming events:

October 16: Journey event: Introduction to Yoga. 12 PM, theater lobby.

October 18: FAFSA workshop. Learn how to apply for federal financial aid. Open to prospective students and guardians. 2 PM, FSM 104.

October 20: Math Department Cram Jam study session. Get help from your favorite math professors during this half-day, fun study session. 9 AM, Snodgrass Hall.

October 22: Journey Event: Let's Talk: Mental Health Awareness. 12 PM, FSM 204.

October 25: Journey event: Introduction to Yoga. 12 PM, theater lobby.

October 25: Journey Event: Clayton Raithel Comedy Show. Open to public. 7 PM, Glenn Massay Theater.

October 30: Journey Event: Race on Campus. 6 PM, Snodgrass 117.

October 31: Journey Event: Tips and Treats. FSM Building, all day.

November 1: Journey event: Tai-chi. 12 PM, theater lobby.

November 7: Journey event: Tai-chi. 12 PM, theater lobby.

November 12: Journey event: Pay It Forward movie showing. 4 PM, Glenn Massay Theater.

November 13: Heyi Niłtu Heritage celebration. 12-6 PM, Glenn Massay Theater.

November 14: Journey event: Tai-chi. 12 PM, theater lobby.

December 8: Math Department Cram Jam study session. Get help from your favorite math professors during this half-day, fun study session. 9 AM, Snodgrass Hall.

Academic deadlines:

October 29: Spring 2019 schedule available in UAOnline.

November 2: Last day to withdraw from fall semester class(es).

November 12: Spring Semester registration opens for UAA seniors. Registration opens for other students over the course of the week.

November 16: Deadline to apply for fall graduation (and have name in program).

November 21-24: Campus closed.

December 7: Deadline for fall graduation (without name appearing in program).

December 20: Grades available in UA Online

Mat-Su Monitor
Fall 2018

Monitor Staff Bios

In this issue of the *Monitor* we introduce a new staff biographies section. Over the course of the year, we hope to introduce you to all our contributors.

Jason Dunham: A part-time student and writer for the Mat-Su monitor. An aspiring fictional writer who is constantly looking to improve himself.

Miles Gibson: At an early age Miles was kidnapped by a bulldog due to his rat-whispering skills. Eventually he found his way out of the illegal rat betting underworld because of lifelong friends Itchy and Charlie. Sadly both went straight to heaven, never to been seen again. Once again an orphaned Miles searched for his place in the world, traveling the dark continent known as the USA, like many a drunken tour bus driver zing-zanging all willy-nilly. He came to love a gentle soul and alumni of Mat-Su College and moved south of the wall, though he refuses to bend the knee. The Valley is his new home. Or whatever.

Ryan McCrossin: A full-time student for Mat-Su/UAA pursuing a business degree. Writes music reviews and miscellaneous articles for the Monitor. Enjoys raving about animals and obscure music.

CONTEST *continued from page 1*

name "Doogan" written on the waistband, and you can be sure we laugh about it every Christmas! If you think you can beat that out -- or if you just have a humorous story to share - stick your answer in the box at the circulation desk in the library, and we'll publish it in the next issue, due out near the Holidays!

If you add a valid @alaska.edu email address to your submission you will be entered into a random drawing for a $20 dollar gift card.

For readers who prefer to submit an entry online, see https://bit.ly/2NPkihH or the QR code.

Developing Skillful Writing: The First Step

By Jason Dunham

Writing is a skill that is required in almost every avenue of our lives, be it for our schooling, our jobs, or for legal purposes. Whatever the case, it helps to be able to write in a way that not only carries your point across, but is presented clearly and beautifully. This, however, is easier said than done for some people. In what we do here at the university, writing is enormously necessary to one's success.

I'd like to write an article to help guide those who are having difficulty with their writing and don't know how to improve. People struggle with their writing for many reasons, and I hope to address them here. Once you have gotten inside the mind of a writer and found a flow, the rest begins to write itself.

What exactly does that mean? Well, before you begin writing, take a step back and review what it is that you're writing about. This means considering what all you'll need to include in the paper, and how much about each segment you're going to need to cover. Creating a mental or physical checklist is a great way to keep your paper on track and help avoid meandering. Take some time to review the rules that your instructor has set for you, such as paper length, whether it is an academic or creative paper, and so forth, and then you can begin writing!

But now what? Often times one of the hardest aspects about writing is knowing how and where to start the paper. Should I start by presenting the reader with an idea? Should I give a short summary of what I'll be writing about? Should I just jump right into it and begin talking about my first point? There are understandably a great deal of questions that can be asked prior to writing the first sentence. That concept is the focus of this article, as it is a common wall people hit and a fitting starting point.

When you're beginning to write your paper, it is great to ask yourself those questions. How should I write this introduction? While a lot of the time it could simply be preference, a good way to nail down how you'll begin your paper is considering who it is you're writing for, and what kind of tone you're creating. For example, you are writing a research paper about a social concept such as modern racial discrimination. Your paper will be observational, and thus requiring critical thought from the reader. A way to begin a paper like this could be, "According to the laws of our country, every citizen is equal. However, is this really true? Is every person in the United States treated the same as the next?" In this style of writing, the reader is presented with a thought or question, preparing them for the presentation of additional concepts and observations that you're writing about.

As daunting as it may seem, once you've written the first paragraph, you've already finished one of the most difficult tasks when writing a paper. Additionally, writing an introduction you feel comfortable and satisfied with can be a great jumping off point for the body of the paper. In the example we used, where we started by presenting the reader with a thinking point, we set the tone of the paper and made an opening into the first subject. By utilizing the introduction, you will be able to roll right into the rest of the paper with ease.

MAT-SU MONITOR STAFF

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The *Mat-Su Monitor* is the student newspaper of Mat-Su College. The *Monitor* aims to report college news and serve as a forum for student writing. The *Monitor* seeks submissions of news, editorials, and short fiction from all students, staff, and faculty of Mat-Su College. All students are invited to attend the *Monitor*'s weekly meetings. Details on participating in or submitting content to the *Monitor* can be found at *https://matsu.alaska.edu/offices/student-government/student-clubs/mat-su-monitor.cshtml.*

The Mat-Su Monitor is funded by the Mat-Su College Student Government Association and our advertisers. For information on advertising in the *Monitor* contact Micah Muer at mwmuer@alaska.edu or 907-745-9758.

The opinions expressed the *Monitor* article are solely those of its authors. They do not necessarily reflect the opinions or policy of the college, its students and employees, or the wider University of Alaska system.

Heather's Top 8 Tips on balancing school and life

By Heather Deadmond

1. Get good rest

Rest is the foundation for everything else that you'll be doing in your day. It's tempting to cut back on time spent sleeping when you are used to staying up late in the summer, but getting good sleep is essential to success.

2. Schedule recreation time

If it's important to you to play a certain video game, for example, schedule the time when you allow yourself to indulge in it. And as soon as that time has expired, go back to focusing on your school work. Or, similarly, don't allow yourself to engage in your favorite recreational activity until you've finished your homework for the day.

3. Learn to say no

This is an important skill for life in general, but especially when you have to pass classes that you pay for, saying no is essential to productive homework time. Learn to say no not only to yourself (refrain from social media, gaming, etc.) but also learn to say no to spending time with others -- at least until you finish your assignments for the day.

4. Delegate tasks to certain times

This tactic keeps everything in order. For example: If you know you have to do your Math homework on Mondays, from 4pm to 6pm, then you'll have a set time to finish your tasks. Ideally, this will keep you from dreading your homework time, as well as make you able to resist the temptation to procrastinate. Make it a habit, and it will be smooth sailing.

5. Always check Blackboard and the syllabus

The syllabus is one of the most important documents of the entire semester: Many professors keep all the due dates for assignments, assigned readings, attendance policies, and the like in the syllabus and may refer back to it over the course of the semester. However, some may not refer back to it at all and you, as the student, are responsible for keeping track of the information in the syllabus, as well as regularly checking Blackboard.

6. Keep track of important dates and deadlines

As mentioned previously, it's good to keep track of when your assignments are due! As soon as you know due dates, enter them in a calendar (either paper or digital). I have just tried this tactic for myself this semester, and I am never caught by surprise when something is coming due!

7. Reward time spent productively

What's life without enjoyment? It's unrealistic to expect yourself to be working and thinking 24/7, so reward the time that you do spend productively. This could be as simple as not allowing yourself to get coffee until you've finished whatever goal you've set for yourself for the day. For me, I allow myself one episode of my favorite TV show for every hour of reading my assigned texts. This keeps your brain from being overloaded, by allowing it to rest sometimes!

8. Establish personal priorities

When you really sit down and look at the big picture, it's good to remind yourself of what's important. Even on your hardest days at school, just remember that college is temporary and it's important for making a future for yourself! Just take one assignment at a time, one day at a time, one week at a time, one semester at a time ... And before you know it, you'll be graduating. :) Good luck!!

Student Showcase Winners Announced !

May 31, 2018

This year's Student Showcase featured presentations on a variety of subjects, from DNA forensics to gender pay gaps in America.

This year's winners are:

1st Place: Noelle Flodin - From Broken Childhood to Adulthood: Adverse Childhood Experiences and Adult Health

2nd Place: Ben Henderson - The Ethics of Genetic Enhancement

3rd Place: Graham Dinkel and Courtney Mulkins - The Ladder Problem

Presenters who submit an A paper to a professor are recommended by that professor to the Showcase. The students then prepare and deliver a brief presentation on their work, after which they answer questions from the judges and the audience. Each year student work featured in the Student Showcase is collected in the *Student Showcase Journal*, available for checkout from the library.

1st Place: Noelle Flodin - From Broken Childhood to Adulthood: Adverse Childhood Experiences and Adult Health

What Are the Problems of GE?
Defining what diseases are
Too much power
New science means unforeseen consequences
Lose fundamental values
Create more class inequality

2nd Place: Ben Henderson - The Ethics of Genetic Enhancement

3rd Place: Graham Dinkel and Courtney Mulkins - The Ladder Problem

Get involved with YOUR paper!

The Mat-Su Monitor is open to students of all experience levels. A paper like ours always needs writers, artists, graphic designers, advertisement coordinators, photographers, and more (maybe you can contribute something we haven't even thought of)!

Meetings: Wednesdays 3:15 - 4:00 and Thursdays, 12:00 to 12:50, in OLB 214 (upstairs in library).

From Career Services to Career Ready!

By Adelina Rodrigue
Career Development Advisor

The goal of Mat-Su College is to provide the educational opportunities and resources for students to be *Career Ready*! Based on extensive research from the National Association of Colleges and Employers (NACE), *Career Ready* is the attainment and demonstration of requisite competencies that prepare college graduates to successfully transition into the workplace (NACE, 2018). There are eight competencies:

Critical Thinking/Problem Solving

Oral/Written communications

Teamwork/Collaboration

Digital Technology

Leadership

Professionalism/Work Ethic

Career Management

Global/Intercultural Fluency

According to the Job Outlook 2018 Survey, the employers surveyed rated Critical Thinking/Problem Solving as most essential, followed by Teamwork/ Collaboration. To learn about each competency visit our Career Readiness webpage at https://goo.gl/vYVeMz or schedule an appointment with your Career Development Advisor in Student Services, 907-746-9746.

As a Mat-Su student, you have the opportunity and potential to attain these eight competencies from the first day you step on campus, up to the day you walk across the Glenn Massey Theater stage as a college graduate. From classroom instruction, to engaging with the available resources on campus, you are at the helm of your academic journey to become career ready upon graduation. How can the Career Development office help you become *career ready*? Here are some examples:

Career Exploration: researching the required skills, strengths and knowledge for a potential career is developing your Career Management competency. Working with both your Career Development and Academic Advisor on the necessary steps to pursue your career goal will reinforce your understanding on how to self-advocate for opportunities in the workplace.

Preparing your Resume and Cover Letter: as preliminary application documents, these display more than just your interest and experience related to the prospective job; but most importantly, it is an example of your written communication skills. Once invited to an interview, you will not only demonstrate your oral communication skills but also Career Management. The Career Development office invites you to schedule an appointment to review your resume, cover letter and participate in a mock interview.

Professional Development: being prepared for class, your punctuality, image (dressed appropriately for situation), maintaining your demeanor (even in stressful situations) and exhibiting qualities such as honesty, integrity and being humble (not being afraid to admit being wrong or needing help) are building blocks to career success. Even consider your email address, what image does it portray? Your email address is part of your professional identity and should not be suggestive, flirtatious or silly. You will not only be developing your Professionalism/Work Ethic but also building upon a vast majority of the competencies. Visit with the Career Development Advisor to identify strategies and resources to help you grow as a professional.

Malcolm X stated, "Education is our passport to the future, for tomorrow belongs to the people who prepare for it today." Your education is one part of *career success.* Start your career and professional journey today, by visiting with the Career Development office to help you successfully transition from being a student to becoming *career ready.*

HAVE SOME QUESTIONS? TRY ONE OF MAT-SU COLLEGE'S LEARNING SERVICES.

Elizabeth J Fallon Learning Center

OLB 121 — 745-9772

https://matsu.alaska.edu/offices/learning-resource-center/index.cshtm

WRITING TUTORS
Monday & Tuesday 12:00 - 4:00
Wednesday: 9:00 - 3:00

MATH TUTORS
Monday, Tuesday & Thursday: 9:00 - 4:30
Wednesday: 9:00 - 3:00
Friday: 10:00- 2:00

ASL TUTORS
Wednesdays: 3:00 - 5:00

JAPANESE TUTORS
Monday - Tuesday: 5:30 - 6:30 by appointment

Tutors available in JKB 107 from Sept. 10 -Dec 14 3. Tutoring is reserved for students enrolled in Mat-Su College courses.

Online tutoring options

- **tutor.com Live Homework Help**: the Alaska State Library provides the Live Homework Help service to all Alaska residents. Free, online tutors are available from 12 PM to 2 AM to help in a multitude of subjects. Visit http://lam.alaska.gov/sled/homework to get started.
- **Khan Academy**: Khan Academy has free explanatory videos on math, science, economics, history, and more. http://www.khanacademy.org/
- **Purdue OWL:** Purdue's Online Writing lab has sample papers and handy guides to APA and MLA citation styles. https://owl.english.purdue.edu/owl/

Upcoming Career Development Workshops:

Welcome to your Career Development Office! Career Development is a process of discovery, engagement and preparation. From discovering your strengths, interests and preparing for an interview, we offer one-on-one assistance in career planning to students and alumni to achieve career success.

Career Readiness Workshop, October 30th, 2018 at noon, FSM 204. Learn ways to develop your Career Readiness competencies while in college.

Resume/Cover Letter Workshop, November 13th, at noon, FSM 204. Discover do's and don'ts of Resume and Cover Letter writing.

Mat-Su College
University of Alaska Anchorage

Certified Nurse Aide Program Information Night

CNA

Come learn about the career field, application process and scholarship opportunities.

Guest Speaker:
Catherine Korman, owner and consultant of Harbor View Manor ALH and Tranquility Manor Estates ALH

Tuesday, October 23rd
5:30 pm
Mat-Su College, FSM 202

Business owners!

The Mat-Su Monitor is a great place to advertise your business or event. The Monitor has a wide circulation, with thousands of copies inserted in the Frontiersman and distributed thoughrout the Valley.

We also have low rates:

Ad Size	Cost
3" by 3"	$75
5" by 5"	$125
7" by 7"	$175
Full page	$300
Full page, back	$375

Moreover, the Monitor runs relatively few ads, which ensures that your ad will stand out. Finally, advertising in the Monitor demonstrates your support for local students. For more on advertising, call **745-9758.**

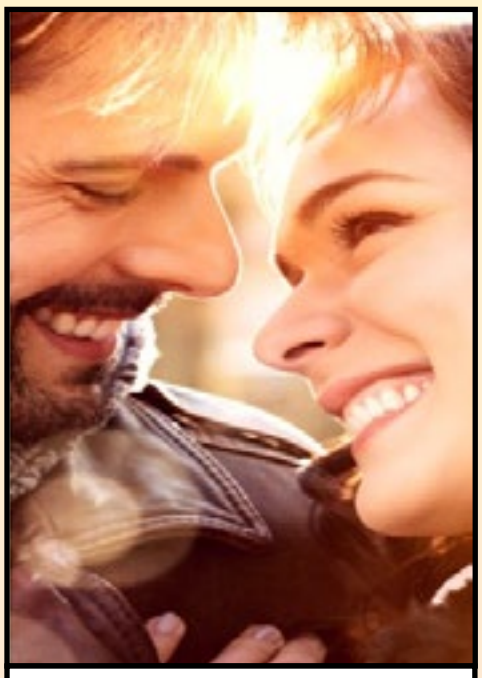
SEX QUIZ

1. T/F: Human Papilloma Virus (HPV) is so common that nearly all sexually-active men and women get it at some point in their lives.[1]
2. T/F: The younger a person is when they start having sex, the greater the chance of getting an STD.[2]
3. T/F: You can get an STD if you have oral sex.[3]
4. ____ out of ____ teens who have had sex wish they had waited.[4]
   - A. 1 out of 4
   - B. 2 out of 3
   - C. 1 out of 3
   - D. 1 out of 2
5. Approximately ____ million people nationwide are infected with HPV.[5]
   - A. 11
   - B. 20
   - C. 9
   - D. 15
6. Each year about ____ women get cervical cancer in the U.S. Almost ALL of these cancers are HPV-associated.[6]
   - A. 1,000
   - B. 5,000
   - C. 12,000
   - D. 9,000

Answers: 1.True 2.True 3.True 4.B 5.B 6.C

1,5,6 Centers for Disease Control, updated March 2013, http://www.cdc.gov/std/hpv/stdfact-hpv.htm|[2]Children's Hospital Boston. Accessed 8/14/09.|[3]Centers for Disease Control. December 2007.| The National Campaign to Prevent Teen Pregnancy.2007.

HeartReach Center
HOPE • LIFE • VALUE



Think you're pregnant?
Need help?
Call 1-800-712-HELP or
907-373-3456

Had an abortion? Need to talk?
907-373-3456
www.heartreachalaska.com

Want to talk about Sexual Health?
Contact us at: 907-373-3456
www.heartreachalaska.com

Advertisement Contest

A video, audio and print contest now open for UA students

Alaska Teacher Placement [http://www.alaskateacher.org/] is holding its first ATP Advertisement Contest this fall in video, audio and print ad categories, with $10,500 in cash prizes including $2,000 for first-place winners.

The purpose of the contest is to highlight unique aspects of living and working in Alaska to encourage potential K-12 teachers to come to Alaska. Contestants are to enter an ad that conveys the Alaska message in any of the video (TV), audio (radio) and print (magazine) categories. Students on all University of Alaska campuses are encouraged to enter.

The first-place winners' products will be showcased at various ATP events where prospective and current K-12 teachers, administrators and school personnel from all over the country gather. Products will also be viewable via the ATP website.

The submission deadline is January 31, 2019. Application guidelines, submission and prize details can be found at the K-12 Outreach website [https://www.uaf.edu/soe/k12_outreach/index.xml].

Established in 1978 as a partnership between the University of Alaska and school districts, Alaska Teacher Placement has served as a statewide education job clearinghouse for Alaska, matching current and prospective teachers and administrators seeking positions with the districts that need them.

Contact Toni McFadden, Alaska Teacher Placement Manager, 907-450-8438, uaf-atp@alaska.edu, for more information.

ATP Alaska Teacher Placement
University of Alaska Fairbanks

Alaska Teacher Placement
is sponsoring an
Advertisement Contest!

OPEN to all UA Students

Categories:
Video (TV)
Audio (Radio)
Print (Magazine)

$10,500 in prizes including $2,000 for first-place winners

For more information, email: *uaf-atp@alaska.edu*
or visit our website: *www.uaf.edu/soe/k12_outreach*

K-12 Outreach
DEADLINE: JANUARY 31, 2019
UAF University of Alaska Fairbanks

Alaska Teacher Placement recruits teachers to teaching and administration postitions all over Alaska.

UAF is an AA/EO employer and educational institution and prohibits illegal discrimination against any individual: www.alaska.edu/nondiscrimination/.

Mat-Su Monitor
Fall 2018

Student Government at a Glance

By Reefer Sullivan

The Mat-Su College Student Government Council is a representation of your voice as a student, and as such it is important to make sure your voice is being represented accurately. After all, these are the decisions that affect how your student fees are spent. Here is a brief summary of this month's meetings.

August 29th, 2018

The meeting was brought to order by Student body President Brittany Harvey. Senators in attendance included Levesque, Ouellette, West and Willeford, also in attendance were faculty advisors Craig Ballain, Jo Didiano and Monitor advisor Audrey Badger. Vice President Gunnar Ihde was not present, and the position of secretary had yet to be filled.

The Rules Committee led by President Harvey petitioned for the impeachment of Vice President Ihde because of a "stated intent not to attend the meetings or assist with any of the events" of Student Government, which runs contrary to Article 4, Section 2 of the Student Government Constitution. The motion to proceed was made by Senator West and seconded by Senator Levesque. The motion was voted on and carried unanimously. Mat-Su Monitor advisor Audrey Badger announced that the 4th edition of the paper would be published and that the Student media Board would meet the Thursday upstairs room 214 in the library. The Constitution and Planning committee had nothing to report. The Election and the Finance Committees had yet to be formed. Jack Rogers of both the Matsu Carbon Crew and MSC Veterans club were waiting on paperwork at this time. While the Alaskan Natives Culture Club and Human Services Club were not in attendance.

There was no old business to discuss. Nathan Peters introduced the idea of a blood drive for the end of October.

September 5th, 2018

The meeting was called to order by student body President Harvey with Senators Levesque, Ouellette, and Willeford in attendance. Senator West was not in attendance.

Audrey Badger spoke on behalf of Micah Muer about an upcoming event sponsored by the AARP involving seniors and smart phones to be held on October 6th 2018.

Open Floor discussion brought up the lack of an open café on campus. Craig Ballain, a Faculty Advisor to Student Government, reported that the issue until mid- to late-October. It was announced that Vice President Gunnar Ihde had tendered his resignation as of 8 AM on September 5th. Interviews were to be held immediately in efforts to fill the position.

> Appointment of Nigel West as new Vice President.

The Constitution Committee had met on September 4th to discuss revisions. Both the Election Committee and Finance Committee had yet to be in place and was not in attendance. The planning Committee meeting had been canceled. The Mat-Su Monitor announced that it would have its weekly meeting upstairs at 12 PM in room 214 of the library, and the Student Media board would meet the last Thursday of every month.

There was no old business to revisit nor new business to discuss.

September 19th, 2018

The meeting was called to order by President Harvey. In attendance were senators Ouellette, West, Willeford as well as Secretary Levesque.

Sandy Gravely proposed that the Student Activity Fee be re-classified as the Student Activity and Wellness Fee in order to continue Journey activities and on campus counseling. President Harvey asked that the issue be included in a student body survey before any final decision is made. Ben Fujimoto asked that until the cafe situation is resolved that the theatre serve coffee and snacks in the atrium and staffed the table with volunteers. This was met with concerns of food handler certification. Jo Didiano advised that the theater cafe was only temporary. President Harvey introduced the appointment of Nigel West as new Vice President. Senator Willeford motioned to confirm the appointment, Ouellette seconded and the motion passed with a majority. President Harvey also announced that she would meet with Kim Morton September 25th, 2018 and opened the floor to senate appointments. Secretary Levesque reported that purchase requests for both the Cram Jam and the Mat-Su Monitor had been submitted and were being processed.

The Mat-Su Carbon Club announced that they would be meeting Thursday at 11:50 am – 12:50 pm in Snodgrass Hall, room 126. The Alaskan Native Culture Club had revised their paperwork and would meet Thursday 2:30-3:30 PM in FSM, room 201. MSC Veterans Club had yet to set a meeting location, time and date.

There was neither new nor old business to discuss.

October 3rd, 2018

Too few Student Government officers were present, so the meeting was cancelled.

If you are interested in learning more or becoming involved in student government, or have an idea for a club for Mat-Su Campus students, you are welcome to attend Student Government meetings Wednesdays in FSM 105 from 11:50-12:50 PM, or stop by the Student Government office JKB 114 during office hours.

MAKE A POSITIVE IMPACT IN YOUR COMMUNITY

Play an important role on the Mat-Su College Campus. Being on a committee can help to enhance your career, give you a chance to give back to your community, and give you the opportunity to challenge yourself by helping to shape your society.

Current and past Mat-Su College Committees open to the student body:

- Board of Elections
- Concert Committee
- Constitution Committee
- Dance Committee
- Finance Committee
- Health and Wellness Committee
- Planning Committee
- Rules Committee

Or join one of the student clubs. Clubs are a great place to meet like minded people, have fun, learn new things and relax. Current and past Clubs and activities:

- Alaska Native Cultures Club
- Human Services Club
- MSC Veterans' Club
- Mat-Su Carbon Crew
- Mat-Su Dance Club
- Mat-Su Monitor
- Paramedic Association

Joining a committee or club looks good on resumes as well as gives you a chance to connect with fellow students, staff and faculty. You owe it to yourself to try them out. If you don't see a club that interests you, you can start one of your own. Student Government will fund you up to $300 to cover expenses. You can pick up a form at the Student Government office in JKB 114, near the café.

Cafe *continued from page 1*

closure are still not solid, what is known is that a committee is currently working on finding a new contract to reopen the cafe's doors.

Members of this committee have asked for what the customers of a future cafeteria would like to see from whoever comes next, as they are going to specifically use this information for when they decide on who they choose. Because of this, members of the Mat-Su Monitor and I walked around the campus and asked students and faculty what kind of standards and changes they wanted to see to the new cafe, and what kinds of specific foods they might enjoy having there.

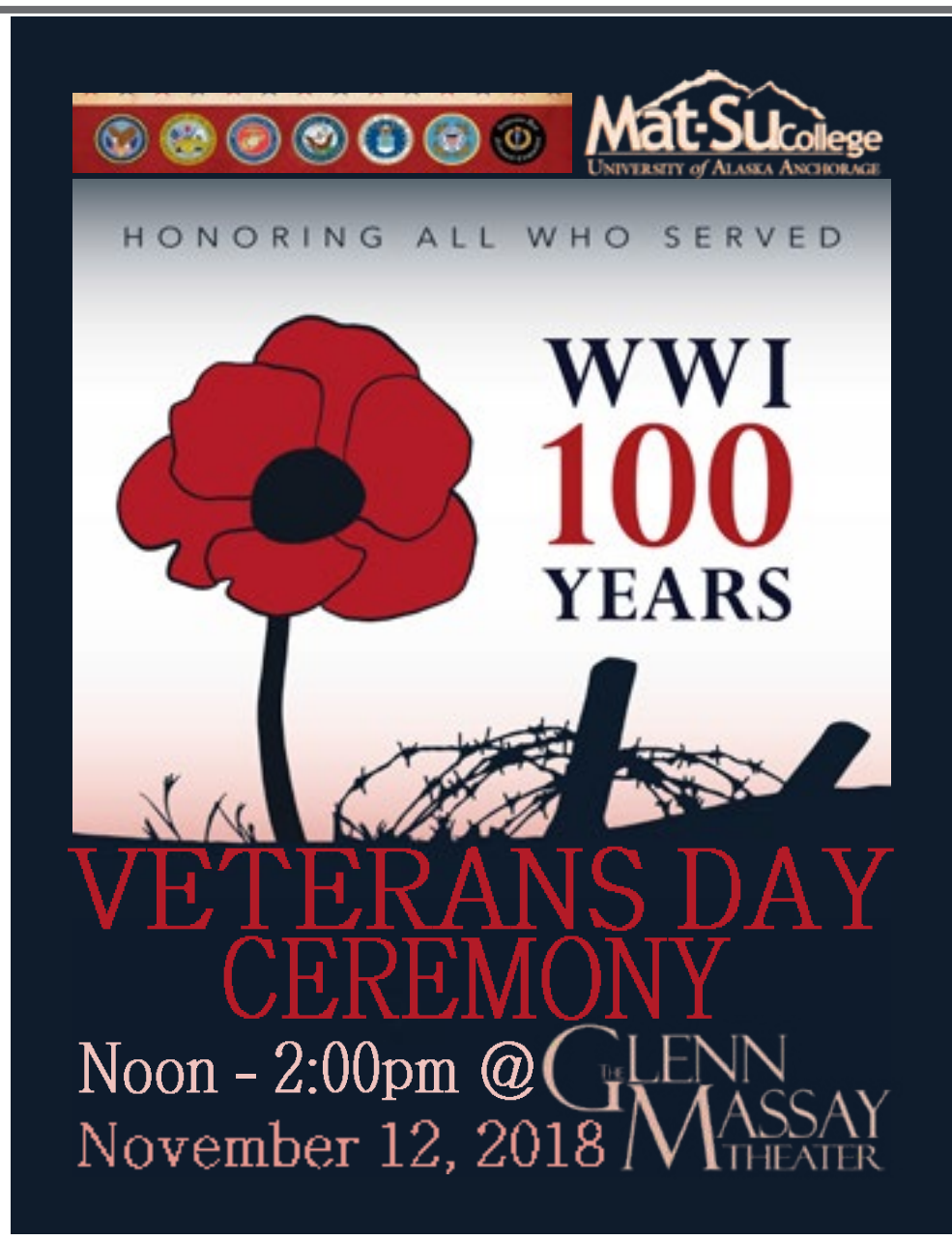
The general response that we received was that many people were satisfied with what was in place prior. Most students we spoke to said that the broad selection of food choices the previous cafeteria had was great, and that the positive customer service they provided was appreciated. To this end, the general feeling toward a new cafeteria was that the people who ate there wanted quality food and at least somewhat friendly customer service. The

consensus as to prices was fairly split, with many people leaning towards quality over affordability, almost more so than vice versa. A faculty member even proposed that we look for someone who offers a selection of affordable meals in addition to their regular menu.

A suggestion we heard from many students was that they wish to see more attention to healthy and allergen-free foods, such as gluten and nut-free alternatives. Several students asked that we had more fruit and vegetable meals and possibly even a salad bar. We also heard from several members of the faculty that they would like for the food to be fresh-made at the cafeteria.

When we asked people what kinds of specific foods they might enjoy seeing, we received a broad array of suggestions. Similarly to what we had before, many students enjoyed having things like burgers, soft pretzels, and hot sandwiches available. One student we asked said that ice cream and sriracha sauce were mandatory (however, not together). We also found an interest in serving milkshakes and smoothies.

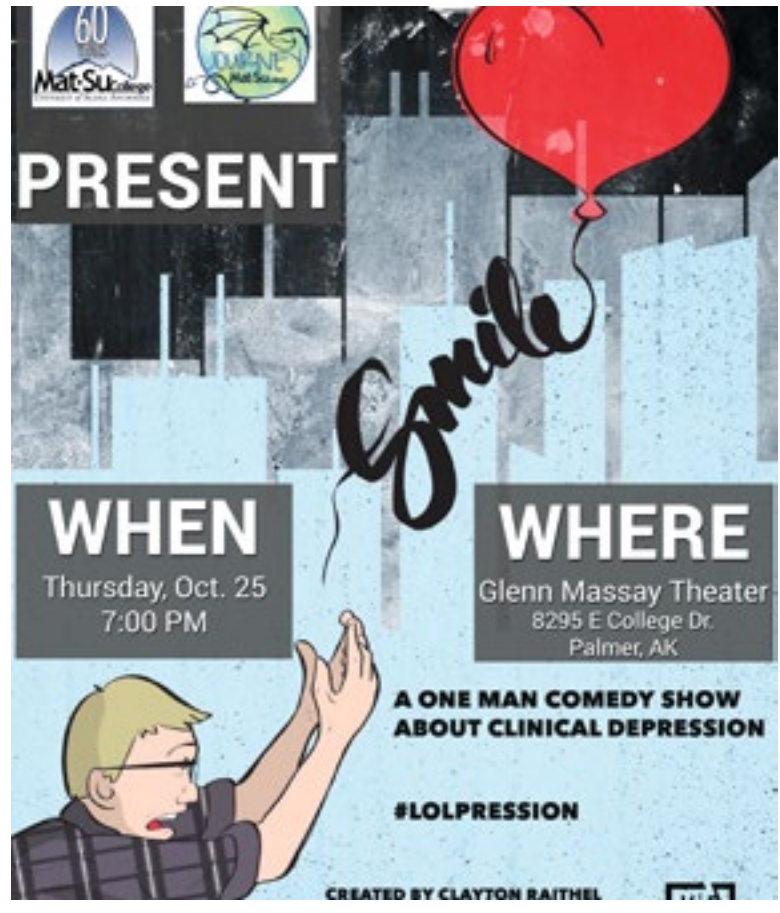
When I posed these questions to the students and faculty we spoke to, as a student myself, I mostly knew where peoples' heads would generally be at in terms of what they wanted to see. For me personally, the cafe we had at Mat-Su was an incredible convenience on campus and saved me a considerable amount of time when I needed to find something to eat between classes. As I heard from others as well, I was greatly appreciative of the previous cafe's excellent attitude and general courtesy, which kept me coming back since I knew it would be a casual and friendly experience. I hope that whoever the committee chooses can meet or exceed these expectations that their potential customers are asking for. Hopefully it will be soon so we can all get back to our work knowing that they're there, ready to serve us in our cafeteria.



FREE HEALTH FAIR ON CAMPUS

On September 19th Mat-Su College hosted a health fair put on in conjunction with Alaska Health Fair, Inc. Local health services providers had booths, college nursing and EMT students put on demonstrations, and Alaska Health Fair, Inc., offered affordable blood tests. This correspondent scored very well: A+ blood, 100/100 on his blood pressure, and a perfect 10 A1C level. The event was part of the College's Journey program, which promotes health and wellness among the campus community. To see upcoming Journey events, visit https://matsu.alaska.edu/journey. To see upcoming Alaska Health Fair, Inc. events, visit https://alaskahealthfair.org/.

- Vision Screened
- Blood pressure measured
- Consult with medical professionals
- Speak with educators



BIG FAT BUDDHA

Anchorage-based band Big Fat Buddha gave a free concert at the Glenn Massay Theater on September 30, 2018. The band bills itself as playing "music in flavors that satisfy rock, funk, soul, and even bluegrass aficionados." Certainly the crowd at the Glenn Massay Theater seemed satisfied; this author never heard such enthusiastic applause at that venue. For those who missed the concert, Big Fat Buddha can be heard on Spotify and other services, but also at https://www.bigfatbuddha.com/listen. The event was paid for by the Student Activity Fee.

Welcome to Mat-Su College!

Welcome to your Mat-Su College educational journey. There are many rewarding experiences along the path to your ultimate goal; however, there are tests along the way (and not just the ones you take in class).

Mat-Su College is sponsoring a series of activities for students, staff, and faculty this semester to help you cope with stress, rise to challenges, and stay healthy as you make your way through this exciting, and often hectic time in your life.

Start Your Journey!

It's easy to win: attend events, collect stamps, and then drop by the Academic Affairs Office with your passport after reaching each level for your next prize!

Limit one Passport per person.

Remember, when you attend a Dragon-approved event, make sure you get your passport stamped. Passports will not be stamped retroactively: You must collect your stamp at the event.

A Different Approach to Medicine

By Miles Gibson

On Tuesday September 18 the Mat-Su College Campus held a discussion panel on alternative medicine. It was a chance for students to learn more about treatment and techniques that may not have been exposed to through Western medicine. Hosted by adjunct professor Deborah Giedosh, RN, the panel consisted of three members of the Palmer/Wasilla medical community: Dr. Jill Valerius, of Now Health; Michael Wedge, of Premier Acupuncture; and Meda Dewitt, a traditional healer and herbalist.

Michael Wedge began the panel by explaining his background and approach to treatment. He has varied experiences including going to school for electrical engineering, working as a EMT and a paramedic in California, and graduating from the Oregon College of Oriental Medicine. He has lived in the Mat-Su Valley for 20 years and has had his practice for six years in Palmer.

Meda Dewitt was born and raised in Alaska and grew up with a rural subsistence lifestyle. It was here that she started to learn from her grandfather about the use of traditional plants and herbs in healing. She later started to learn traditional healing from elders. This is something that you must be chosen for. She approaches medicine through communication, diet, and herbalism.

Dr. Jill Valerius is a 14-year local of palmer was the third and final member of the panel. She practices medicine at Now Health in Palmer, practicing what is known as practical medicine. This relies heavily on communication and treating the problem and trying to make people well, rather than on relying on the Western medicine practice of treating problems with pharmaceuticals. One of the ways she accomplishes this is three separate questionnaires filled out by her patients prior to meeting them for the first appointment. She also asks key questions like: "Why are you here?" and "When was the last time you felt good?" This helps her to get on the same page as her patients. Traditional doctors are not often on the same page as their patients due to time constraints of the current medical system, explained Valerius.

When asked to describe what kind of patients each panelist typically sees, their answers were as diverse as their methods. Michael Wedge said he primarily deals with chronic pain treatment, menstruation issues, and breast pathology. According to Wedge not all answers can be found in Western medicine or Eastern medicine; a combination of the two together can work best.

Meda Dewitt does not necessarily have a typical patient. People generally go to her after being dissatisfied with the traditional medicine systems. People often come to her with a variety of problems, from undiagnosed mystery issues to relationship problems. She likes to peel back all the layers in her patient's life to get a real understanding of what can be changed and what patients are willing to change. This can include anything from herbal supplements, to diet changes, to encouraging people to eat locally as well as seasonally. She also looks at adverse childhood experiences, or ACEs, that can lead to chronic diseases later in life.

Dr. Valerius's typical patient deals with thyroid problems and type 2 diabetes. She wants to diagnose and cure the patient affliction. This is not business as usual in Western medicine, in Valerius's opinion. Big pharma took over in the 1940s and has the goal of treating with more drugs. According to Dr. Valerius big pharma doesn't want you to know that can cure yourself without pharmaceuticals. As Valerius put it, "no one is born with a Lipitor or Zoloft deficiencies."

While their methods differ, one of the main themes of the night for all three was what is wrong with the current medical system. All three of the panelists agreed and came back to one problem: lack of communication. Whether lack of communication between doctors and patients, or between

See **MEDICINE** *page 15*

Bring your Passport to JKB 133 when you have collected:

3 stamps: Get a choice of Frisbee, pedometer, or USB charger (while supplies last)

5 stamps: Get a $10 MSC Break Time Café gift card.

6 stamps: Get a $20 MSC Campus Cache gift card.

7-10 stamps: Enter the drawing to win Journey spirit-wear or a $50 Campus Cache gift card.

Come back after reaching each level for your next prize!

Deadline to enter drawings: May 3, 2018.

Sophia the Dragon looks on as students taste the freshly made delectables.

Students enjoyed a free, fresh, healthy snack with locally-grown veggies from the Valley during the Journey event "Farm to Table Fresh Food Demo & Tasting," held September 13.

By joining your MSC community at Journey events this semester, you can follow Sophia, our Arctic Dragon Mascot, on the four paths for health and well-being:

Awareness of good mental health for yourself and others

Balance between school, work, family, and self-care

Connection to campus, community, friends, and family

Off the Beaten Path invites you to expand your horizons

All Journey events are free. Just look for the Mat-Su College Arctic Dragon stamp of approval! Some events require pre-registration, so be sure to check the event before attending.

Mat-Su College Journey activities and behavioral care services are supported by a Healthy Impact Grant from the Mat-Su Health Foundation.

tutor.com

By Art Corvelay

It's 12:41 AM. Empty energy drink cans and candy bar wrappers litter your desk. You've just finished the last sentence of the last paragraph of your big paper – the one due at 9:00 AM. You hoped to get one of the college's Learning Resource Center's English tutors to read over it, but now it's too late. You're SOL.

Or maybe not.

Turns out all Alaska residents are eligible for live homework help through an online service called Tutor.com. These tutors can help with subjects ranging from Calculus to World History and nearabout anything in-between.

Using Tutor.com's services couldn't be easier. Just go to www.tutor.com/alaska, pick a subject, and then click "Connect Now." Within moments you will be able to chat with a real tutor; you can even share files for them to review or draw on a virtual whiteboard.

Still not convinced? Here's a few more selling points. Tutors are available from *every day of the* week from noon to 2 AM (goodbye, pants). The website actually works well. Tutoring is available to students from kindergarten to college. (Now somebody else can help your kids with their homework.) It's entirely free.

Convinced now? Good. Just don't forget about the college's Learning Resource Center; its tutors aren't available until 2 AM, but they're nice people all the same.

October is Domestic Violence Month.

Journey started October with the awareness-event "Clothesline Project." All students were invited to participate by illustrating t-shirts with a statement about non-violence and respect. T-shirts, snacks, and art supplies were provided.

Journey offers 7 events for October, so grab your passport and treat your mind, body, and spirit to something new -- and maybe make a friend or two.

Four games for the Halloween Month

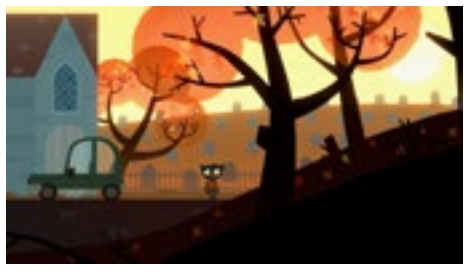
By Rob Codtree

Oxenfree

As soon as I beat this game, I played through it again. I don't think I've ever done that before. It's a testament to Oxenfree's tremendous quality, my own preference for radios as a horror plot point, and -- without spoiling anything -- both the branching storyline and the multiple possible endings. In Oxenfree, you play as one of a group of friends who visit a tourist-y local island to have an overnight camping trip/party. Soon the group finds that the strange ghost stories about the island may be true, and that their radio is key to further investigation. This game has excellent atmosphere and characters, top-notch dialog- and story-centered gameplay, and some genuinely unsettling horror. And the endings -- and the way they work -- are quite interesting. Windows, MacOS, Linux, Playstation 4, Xbox One, Switch, iOS, Android.

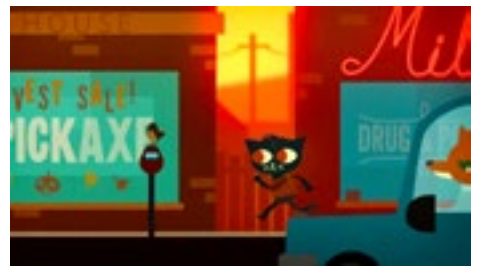
A Night in the Woods

You play as an anthropomorphic black cat. Not Halloween enough? There's more. The game is very clearly set during fall. The setting resembles Twin Peaks (or any other strange small town). Kids trick or treat during one segment. And there's a serial killer on the loose. But this isn't really a horror



game. Instead, per Wikipedia, it's a "story-focused exploration game in which players control a young woman named Mae, who recently dropped out of college and has returned to her hometown to find unexpected

changes." Don't play this if you want horror. Play it if you want fall scenery, poignant story and well-realized characters, a bit of a mystery with horror overtones, and fun but simple gameplay. It also has a really endearing aesthetic. Windows, MacOS, Linux, Playstation 4, Switch, Xbox One, iOS, Android.



Detention:

A Taiwanese school in the 1960s is

not an obvious setting for a game. But it really works here in this fairly traditional, short 2D adventure game. Waking up alone in an empty and nightmarish version of her school, your character seeks an explanation by exploring the school and uncovering buried memories. The game combines ghosts (in the form of "East Asian elements rarely used in

games"), the brutal legacy of Cold War-era dictatorships, and a really unsettling atmosphere. Windows, MacOS, Linux, Playstation 4, Switch.

Witcher 3:

On the face of it, there's nothing especially Halloween-ish about this sprawling, epic RPG. Sure, it's one of the grimmest games ever made, with tons of violence, awful choices to be made, and characters with motivations that could be characterized as selfish at best. And sure, your character makes his living as an ostracized monster hunter who kills dozens of vampires, werewolves, dragons, ghosts, and assorted evils before the end of the game. But then there's the messed up stuff: the spectral, stillborn demon baby; a reanimated, rotten corpse; a Rapunzel-like figure who hangs herself by her own hair; the hideous Ladies of the Wood (pictured); and so on. Windows, Playstation 4, Xbox One.

Mat-Su Monitor
Fall 2018

Halloween Playlist

By Ryan McCrossin

Halloween is just around the corner. All the party stores are stocked up with candy and costumes, the children are mapping out their routes for candy, and some are putting up their Christmas lights as we speak. But the thing about the October-December months is that the soundtracks for this crucial quarter of the year are very bare in terms of diversity.

In terms of branching out in genre, there are not many variations of Halloween music. But that doesn't mean we can't listen to some good spooky music during this time. In this list, I am going to give you six albums for each mood ranging from "I want to party with my friends"" to "I want to cry in my car at 1 AM in the morning from spending my money on M&Ms and I need to wallow in a cathartic anguish." Hope these selections will be great additions to your collections!

Bauhaus
***Bauhaus* - 1979-1983**
1983 - Goth

Bauhaus is synonymous with goth in the music world. They illustrate the concept of bleakness and gloom through their discography and released many LPs and compilations that fit the broad theme of their vision. Unfortunately, in the year 2018, apart from a few references, I have not seen anyone discuss the band as of late. Furthermore, the only song I ever hear discussed by the select few who do bring up Bauhaus is "Bela Lugosi's Dead".

So what better introduction to the band than a compilation of their early album hits including singles like "Terror Couple Kill Colonel," "Telegram Sam (originally performed by T. Rex)," and "Spirit?" Bauhaus even released an amazing cover of David Bowie's "Ziggy Stardust" on this release. I would highly recommend this album, and to check out all of the other studio releases as well.

Swans
The Great Annihilator
1995 – Post-Punk

One thing about Swans that all people into music should know is that Swans is a mixed bag. With Swans, you will get a different feel in every other album. The Great Annihilator is the ninth of a fourteen-album discography; it is different from the eighth album, Love of Life, which is a psychedelic rock album, and the tenth album (and arguably their most critically received), Soundtracks for the Blind, which is a two-hour drone album.

The Great Annihilator starts out with "In," a weird opener that sets the tone for the album. Immediately succeeding the intro is the second single of the album, "I Am the Sun." And I could honestly go on about how good this album is at matching the feel for an off-kilter tonal album. With songs that give off an ambient feeling of a dark forest of potential dread, like "She Lives!;" a song of increasing pain and frustration like "Mother/Father;" a song of somewhat melancholic dreaminess, like "Blood Promise;" and so on. This album is a perfect fit for those looking for a night in with some friends with the lights out, eyes closed, and letting the sounds pool around you.

Xiu Xiu - Plays the Music of Twin Peaks
2016 - Ambient

Twin Peaks was an American murder mystery drama series initially on ABC from 1990-1991. The show gained a cult following after its second season and its cancellation; many list the show among one of the best television shows of all time. Two specifics of this conclusion stem from the directing work of David Lynch and the acclaimed score of Angelo Badalamenti in collaboration with Lynch. In 2015, for an exhibition in the Queensland Gallery of Modern Art titled "David Lynch: Between Two Worlds," the gallery wished to commission a musical act to play covers for the show.

Enter Jamie Stewart, Angela Seo, and Shayna Dunkelman of Xiu Xiu. Xiu Xiu is an experimental band which touches many genres and topics in their work. Xiu Xiu was a perfect fit to match the dark textures and ambience of the series, due to Stewart's unorthodox vocal performances and the use of noise incorporation to convey emotion. Reimaginings of songs like "Falling," "Sycamore Tree," and "Blue Frank/Pink Room" (which has some of the best guitar work of their discography) create an amazing cover album. The closer "Josie's Past" is one that brings a sense of dread and matches the gloomy setting of the show and is frightening in its execution. This album is one for the books.

Nine Inch Nails
Bad Witch
2018 - Industrial

Trent Reznor (and Atticus Ross as a permanent member of NIN since 2016) have been making music since the '90s. They've released works such as The Fragile, Pretty Hate Machine, Downward Spiral, among others. However, despite being the most recent endeavor of the duo and the most recent on this list, Bad Witch still deserves recognition.

Back in 2016, NIN wished to release a trilogy of EP/LPs over a series of three years; Bad Witch is the only one of these three releases to be considered an LP (full-length album) as opposed to an EP, as EPs were not given as much attention through streaming services. Bad Witch is the third of the trilogy, succeeding Not The Actual Events (2016) and Add Violence (2017). The whole album is fantastic from start to finish, from the heavy opener, S**t Mirror, to the mellow and spooky outro, "Over and Out." Check this one out as well as the others in the trilogy if you have the time.

Misfits
Famous Monsters
1999 - (Horror) Punk

Wait, I see your finger creasing along this page, please hear me out. I know this album is not Danzig-era Misfits. I am fully aware of that fact. However, that is not to say that Michale Graves is bad. This album still has the elements of Misfits despite the change in singer, but I understand the hesitation of the classic Danzig-era band lineup. But no matter how you look at it, this album does match the theme of Halloween quite nicely.

This album has the loose concept of its tracks being based around horror B-movies at the time. These include "Helena" to *Boxing Helena*, "Scream" to *Scream*, and "Kong at the Gates"/"Kong Unleashed" to King Kong. On the other hand, there are the classic nonconceptual songs with lyrics you might be better off not looking up like "Dust to Dust." The instrumental work of Misfits is no different from the albums prior which make for a great album to skate to, to drive at midnight to, and even sing along to. For those of you not on board with Graves on vocals, look on the bright side - at least "Kong at the Gates" and "Kong Unleashed" are instrumental!

Oingo Boingo
Dead Man's Party
1985 - New Wave

"Huzzah, a nice album to listen to without having to fear for my life! It's fun for the whole family," I hear you say. And it's true! It's a great album that you can dance to at parties (Halloween or otherwise) and it's not some obscure album that people wouldn't care as much to listen to outside of a listening party. Perfect for fans of the *Nightmare Before Halloween/Christmas* too, because the lead singer of this album is also the voice actor for Jack Skellington.

Danny Elfman, as a musician for 13 years at the time of release, based the album on Dia de Los Muertos as seen by the lyrical content and even the cover art. The singles for this album, including "Weird Science" and "Dead Man's Party," as well as hidden gems like "No One Lives Forever," are three of the nine examples of reasons for putting this album on full volume at your next costume party.

And that's my list of six albums to check out for Halloween 2018. Happy listening!

Bonus! Top 10 Thanksgiving Songs

December has the Christmas music which is played every waking moment of every day during the month, October has less well-known hits which increases airplay of these songs tenfold, and November? Here is the top 10 list of best and well-known Thanksgiving songs:

1-10. Alice's Restaurant.

Little Known Shakespeare Facts

By Jenifer Breiner

Lots of people have heard of Shakespeare. He's a bit of a big deal in high school English. They may even be able to list a few of his plays. Hidden behind the name is a man. He lived, he loved, and he was a little weird. Now, here are some things you probably didn't know about Shakespeare:

Shakespeare was the third of eight siblings. His youngest brother, Edmund, wanted to live the city life like his hugely popular big brother. Edmund followed his brother to London and became an actor.

The longest Shakespearean word exists in Shakespeare's *Love's Labour's Lost.* The word "honorificabilitudinitatibus" is derived from Latin roots. Just don't ask me to pronounce it.

Shakespeare has been translated into 80 different languages. In the year 2000, *Star Trek* fans even produced a translation of *Hamlet* in Klingon. That is some major dedication.

Numerous documents exist with Shakespeare's signature on them. There is not a single instance of Shakespeare spelling his own name the way we do now.

Shakespeare may have been the original inventor of the "knock knock" joke. At very least, it was a scene from Shakespeare's *Macbeth* that caused the surge of "knock knock" jokes across America and England.

As you can see, Shakespeare is still relevant. His additions to the English language exist even in our modern speech. Literary genius aside, Shakespeare was a person just like us. If the writings of a regular guy can change history, maybe there's hope for us too!

Sharpe's Guide to Shakespeare:

By Michelle Sharpe

As a recently converted English major, it is expected and required of me to read Shakespeare, write about Shakespeare, and to love Shakespeare. It is also expected that I explain to all non-Shakespeare loving humanoids why he is loved or studied at all, as well as try to persuade the general public why you do not have to be 1) smart, or 2) a Lit major to appreciate him or what he has contributed to the world of entertainment.

"But Michelle, there are a TON of Shakespeare plays to choose from! Which plays should I read? Which ones are even worth reading?" Well, gentle reader, fear not, for I, a Shakespeare Novice myself, will offer you this helpful guide where I will not only give my honest opinion of the plays themselves (yes, I am going to critique Shakespeare. He might be a literary god, but nobody will ever ascend so high that they will be free of a judgmental college girl's scrutiny! NOBODY!), as well as share what is interesting about the plays and offer some worthy alternatives that pay homage to them. Ready? Let's judge some Shakespeare.

Hamlet: Arguably, Shakespeare's most famous play, and in my opinion, his best one. This play has everything: Ghosts, revenge plots, murder, mayhem, and some questionably oedipal undertones. For those who are not familiar, the basic summary is that the king of a kingdom called Elsinore mysteriously dies, and a few weeks after his death, his widow marries his brother, Claudius. This does not sit well with the titular prince, Hamlet, who rejects taking the throne and is forced to sit and pout as he watches his uncle take his father's place as King. As if that weren't bad enough, a ghost of the king alerts Hamlet to the fact that Claudius is the one who murdered him and demands that Hamlet avenge his death. As if that were not enough, there is a looming threat of an oncoming invasion from a guy named Fortinbras, and Claudius is trying to conspire to have Hamlet killed while Hamlet is planning on killing him. While that might sound confusing and convoluted (it is, Shakespeare did not believe in simplicity), this story has one of the best cases of over-kill in any Shakespeare play.

If you like stories that have family dramas or you like stories that deal with mental illness or grief, this is a great pick for you. Personally, I am a person who loves contrasts. I love being able to compare and contrast characters and how they respond to similar situations, and this play is full of such comparative opportunities.

However, if you are still not quite sure if you want to invest time in reading this play, there are multiple adaptations of it. Personally, I like the 1996 Kenneth Branagh adaptation, but I also enjoyed the 2009 David Tennant version as well (even though this version cut out about a quarter of the dialogue and focused on the revenge plot). You can also turn on *The Lion King.*

Memorable quote: "Brevity is the soul of wit"- Polonius (Act II, Scene II)

Merchant of Venice: I have just finished reading this one and it is an easy read. Apart from having a lot of characters with very similar sounding names, this is a very accessible Shakespeare play to actually read. If you are interested in courtroom dramas, stories where women cross-dress to save the day, or stories with sympathetic villains, this is definitely the play for you.

If you are unfamiliar, here is a brief synopsis: There is this guy named Bassanio who really wants to get with a wealthy and beautiful woman named Portia. Unfortunately, the only way to marry Portia is by having enough money to get to her island and by solving a puzzle set up by Portia's deceased father. Since Bassanio is low on funds, he goes to his buddy Antonio, who basically says, "I've invested all of my money into ships, so I don't have money to lend you right now, but I can take out a loan for you and just pay it off when my ships reach their destinations." Since they are in a time where Christians could not loan each other money, they seek out a Jewish man named Shylock, who has beef with all Christians (Jews were treated appallingly during this time and he does not really enjoy helping them). But Shylock agrees to lend Antonio the money on the condition that if he can not pay it back within three months, Shylock gets to cut a pound of flesh off of Antonio's body. Of course, he agrees and craziness ensues.

There have been adaptations of this play, and the phrase "Pound of Flesh" has been used many times in popular culture. In fact, there is actually a Jean-Claude Van Damme movie titled *Pound of Flesh,* that currently has a whopping 17% approval rating on Rotten Tomatoes.

Memorable Quote: "If you prick us do we not bleed?" – Shylock (Act III, Scene I)

Titus Andronicus: If you answer yes to any of the three following questions, this is the play for you. Do you like *Game of Thrones*? Do you ever wonder where the first "Yo mama" joke came from? Do you enjoy over the top revenge stories where nobody wins? Boy, do I have the play for you.

Here's all you need to know: Titus Andronicus is a Roman soldier back from fighting a war with the Goths. Once back, he makes two bad decisions: he kills the son of Tamora, the queen of the Goths; and he says no to being emperor of Rome. A lot of killing ensues.

Now many people reading this article (all four of you) might be thinking, "hey, that doesn't sound so bad. Why don't they teach this in high school?" There is a very good reason for that actually, and the reason is that this play is not the typical Shakespeare play. It's pretty trashy actually. This play is nothing but violence, sexual innuendos, and phallic/vaginal imagery tied up in a pretty Shakespeare bow. Plus, it's pretty racist. But seriously, Shakespeare does not get any easier to read than this. This is not the overly-poetic play that Shakespeare is known for.

Despite this play being regarded as one of his not-best plays, reading this, I was shocked by how many things from this play can be scene in today's popular culture. This play had the first official mother joke in literature. If you are a fan of Game of Thrones and have ever marveled at how George R.R. Martin seems to like to cut off hands, or wondered where he got the idea to turn the Walder Frey sons into pies, you should definitely check out the story that inspired him. Also, before there was the mad queen Cersei, there was Tamora.

Memorable quotes: "Villain, what hast thou done?"

–"That which thou canst not undo"

"Thou hast undone our mother."

–"Villain, I have done thy mother." (Act IV, Scene II)

Romeo and Juliet: I am going to keep this brief,

because anyone who knows me knows that I do not just despise this story, I LOATHE this story and most of the characters in it. It's a story about a teenager who falls in love with a 12 or 13 year old girl, they get married, their stupidity gets people killed, and they both die at the end. Riveting. Genuinely don't understand why this is most people's introduction to Shakespeare. It's not fun to read. The characters are not likable. Romeo is sad in the beginning because a girl doesn't like him, then he forgets all about her when he sees a super hot middle schooler, only to have them die within a few days of meeting.

That said, I do know that there are some people who might actually really like this play. First of all, the sonnets and poetry in this play are great, so it has that going for it. If you really like the idea of "star-crossed lovers," hurray, this is the play where that trope originated from. If you love tragic romances or like themes like loss of innocence or violence begetting violence, I can see you liking this play.

Also, like it or not, this play is referenced a ton in popular culture and in everyday life in general. I hear the phrase, "wherefore art thou?" more than any other Shakespeare phrase. I say it, and I hate this play. Plus, Taylor Swift referenced this story in her song *Love Story,* and you can't get more mainstream than getting a T-Swift mention.

My personal favorite modern adaptation of this play is *Lion King 2.* I'm not even ashamed. You might also check out *Gnomeo and Juliet.* There are too many actual adaptations or Romeo and Juliet references to mention in popular culture. Just pick any romance movie and it probably is paying homage to this. *West Side Story* is probably the most well-known modern adaptation, and that musical gave the world the song "I Feel Pretty." Yes. In some awful way, we have Shakespeare to thank for that highly annoying ear worm of a song. *Romeo*

See **SHARPE'S** *page 15*

3 Barons Renaissance Fair

The Three Barons Renaissance Fair Inc, an Alaskan Non-Profit company, is actively recruiting for participants to join our cast for the 2019 season. We have performed in Anchorage for 26 years supporting local artists, including over 400 entertainers and 50 vendors.

If you are interested in joining our event, please visit our webpage at www.3barons.org or contact us at 3baronsfair@gmail.com.

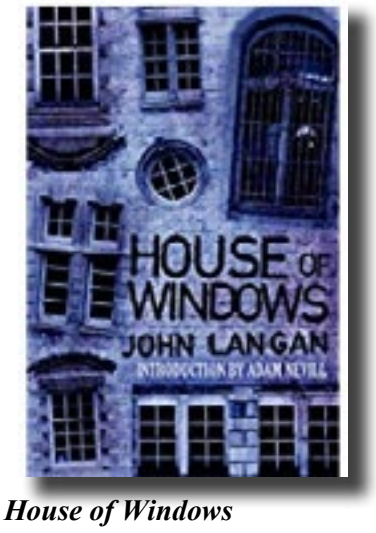
YOUR CLUB'S AD COULD BE HERE!

CONTACT THE MAT-SU MONITOR FOR MORE INFORMATION.

Six novels for Halloween

By Rob Codtree

Here is a small list of novels suitable for the Halloween season. Disclaimer, though: many of these don't really qualify as traditional horror. They are subtler, quieter, and probably spookier for that.



House of Windows
by John Langan

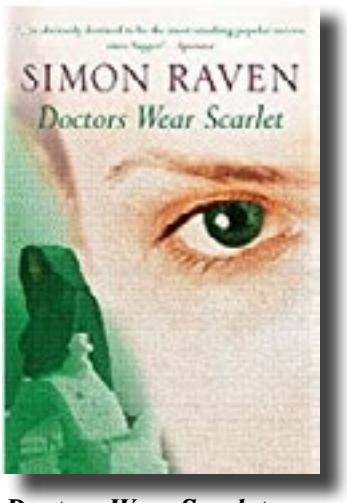
An overlooked modern classic by an author whose second novel -- The Fisherman -- has attracted a lot of praise. In *House of Windows*, an aged literature professor and his much younger wife move into a new house. A strange house with a strange history. If that wasn't bad enough, the professor's son, recently killed in Iraq, returns to avenge his spurned mother. While this seems like a garish plot, with lots going on, in fact the tale is told slowly and carefully. Scares are infrequent, but the more terrifying for it. One review online says the book is "more sad and mysterious than scary." And that's a good thing.

The Between
by Tananarive Due

As a boy, Hilton James suffers a trauma that is bizarre and frightening (to the reader especially). The book's back cover puts it this way: "Hilton was seven when his grandmother died, and it was a bad time. But it was worse when she died again." As an adult, he suffers from insomnia, nightmares, and racist threats targeting his family. Things only get worse when the line between dreams and reality dissolve. A psychological, ambiguous novel, and very good.

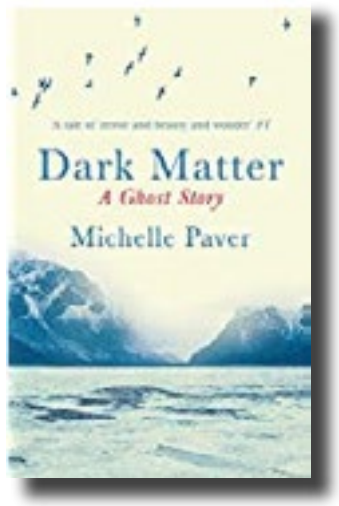
The Elementals
by Michael McDowell

Stephen King called Michael McDowell "the finest writer of paperback originals in America today." It's not hard to see why. In *The Elementals* a pair of families travel to an idyllic, remote vacation spot, where each family enjoys its respective beach house. But there is a third house, a dark secret, and the titular Elements... As with McDowell's other horror novels, the rich Southern atmosphere and the excellent characterization should make the book appealing to even those disdainful of supernatural fiction. So read this, or most anything else he wrote -- you won't be disappointed.



Doctors Wear Scarlet
by Simon Raven

Apparently, even by 1960 authors had tired of the traditional Dracula-like vampire. In *Doctors Wear Scarlet*, several snobbish, intellectual, upper-class Britishers (who seem to reflect the author) work to save a friend who, on traveling to Greece, falls under a mysterious and deleterious influence. While this novel is so-so as horror – it's not very scary – it's an interesting take on vampires, it is well written, and its vivid depiction of the culture (and gossip) of elite British universities at mid-century is interesting. Interesting aside: while this work is pretty straitlaced, Raven is responsible for what was called the "filthiest cricket book even written."



Dark Matter
by Michelle Paver

This is a very orthodox ghost story. But it is expertly told, and it has a wonderful premise: its central character is a stationed, all alone, on the incomprehensibly remote, dark Arctic island of Svalbard. In Winter. In the 1930s. Read it for the setting just as much as the story.

The House Next Door
by Anne Rivers Siddons

At a glance, most Anne Rivers Siddons novels are homey, feel-good novels about Southern women who wear white summer dresses and stand on the beach. All that's fine, but the *House Next Door* is different. I suspect it is rather darker than her usual fare. It is a story of not a haunted house, but a house that haunts – a brand new house that wrecks the lives of all inhabitants, from the very first ones on. The story is narrated by the neighbors, who tell us at the outset that we may not believe what has befallen their last several sets of neighbors. But how much is true? Like some of the other choices in the list, this is a subtler, more ambiguous kind of horror.

The MEANING OF HALLOWEEN

By Redd

Everybody knows that Halloween is the time of year where all the screams are unified and teeth rot from sugary delights. There is a costume for just about anything you could imagine; television shows, pop culture, and even minor fandoms all have costumes. On this day, kids and teenagers go out and grab more candy then they'll ever need. Whether you hate the holiday or embrace it to the fullest, the day of All Hallows' Eve is an important event to us Americans.

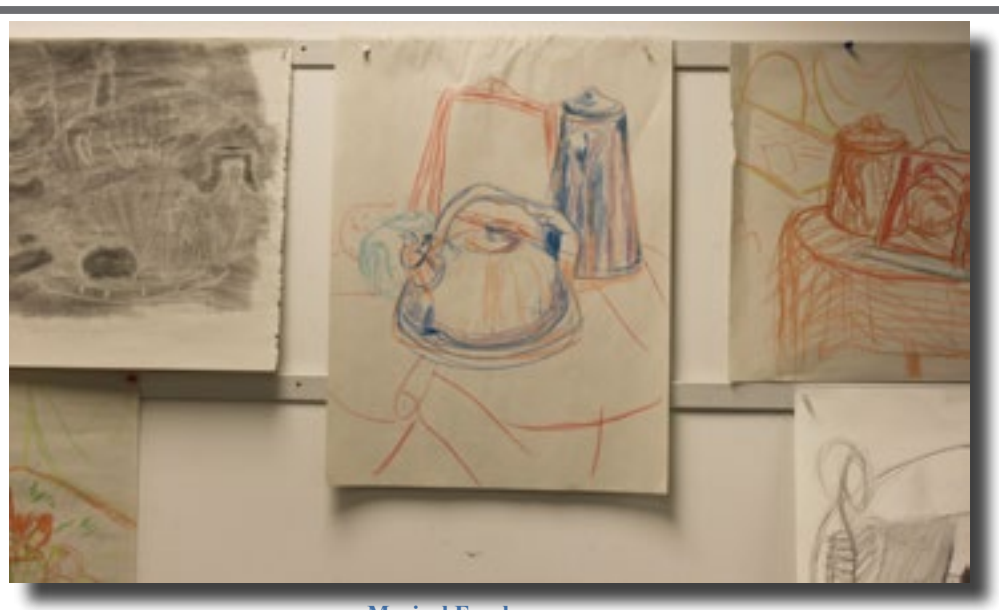
Where did the holiday even come from? Well, like most holidays, it's now a well-commercialized event. The origins trace all the way back to the Celts. However, the newer, growing religion of Christianity took it into its own hands and assimilated it. Now the origin is lost and continues to change throughout history. What does that mean for Halloween now? Well, Halloween is a time to get your "spook" on. Some people just love the aesthetic of the holiday. Nowadays, we have theme parks and scary mazes to satisfy all your adrenaline rush addicted needs.

Outside of the ghastly horrors of the night Halloween also holds a very different meaning to people. Think back to the time of your first trick or treats: everybody at some point, has worn the usual superhero or princess costume that kids parade around the country. The youngest witches and even the weirdest mutated turtles go out happily holding the hand of their guardian, and fill their sacks to the brim with sweet candy.

You don't have to be a gamer or a nerd to know the meaning of the word cringe. It's an overused word that lost some of its original value due to its mass use online. People are afraid of kids going out dressing up as "Fortnite" characters, and keep using the word cringe. Its more common today to try and make fun of things because of a trend. However, people forget that they too once had crappy makeup and way too bulky costumes. For kids the first few Halloweens are magical moments. Their memories are filled with horror and giggles equally, the excitement of being able to go out pretending to be a creature of the night or a bubbling fairy.

The meaning of Halloween is nothing like it used to be. Now it isn't typically meant to celebrate a solstice or a passing of the dead. Instead, it is a magical time where the rules of the world shift. A stop to reality and a door to a world of mysteries. The truth is, the meaning of Halloween isn't something that's easily answerable. It can be something glorious, a precious moment, the night you finally scored, your first party, and even some embarrassing moment that you'll regret 10 years down the line. So, don't be afraid to let your hair down, and let your inner freak come out to play. Enjoy your Halloween and let others enjoy theirs.

FROM THE STUDIO



Musical Easels

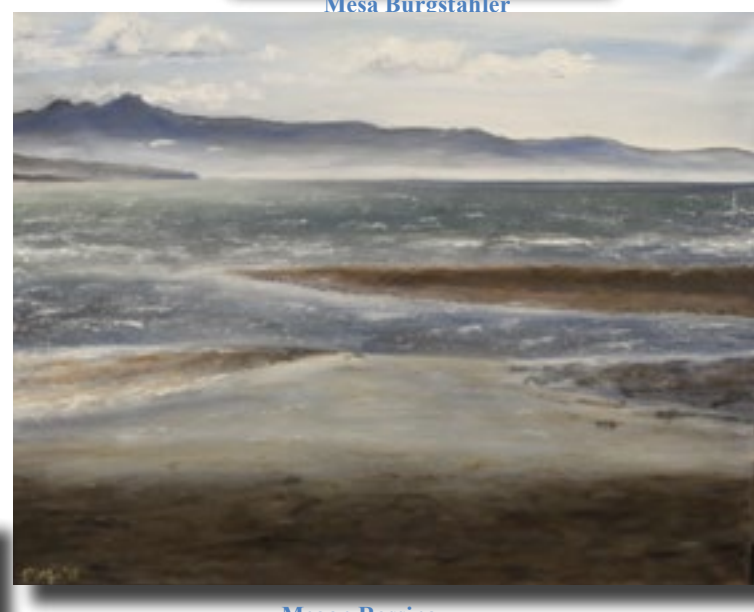
Ellis Barnett

Brittany Bell

Caleb England

Mesa Burgstahler

Mickenzie Maxwell



Megan Rossing

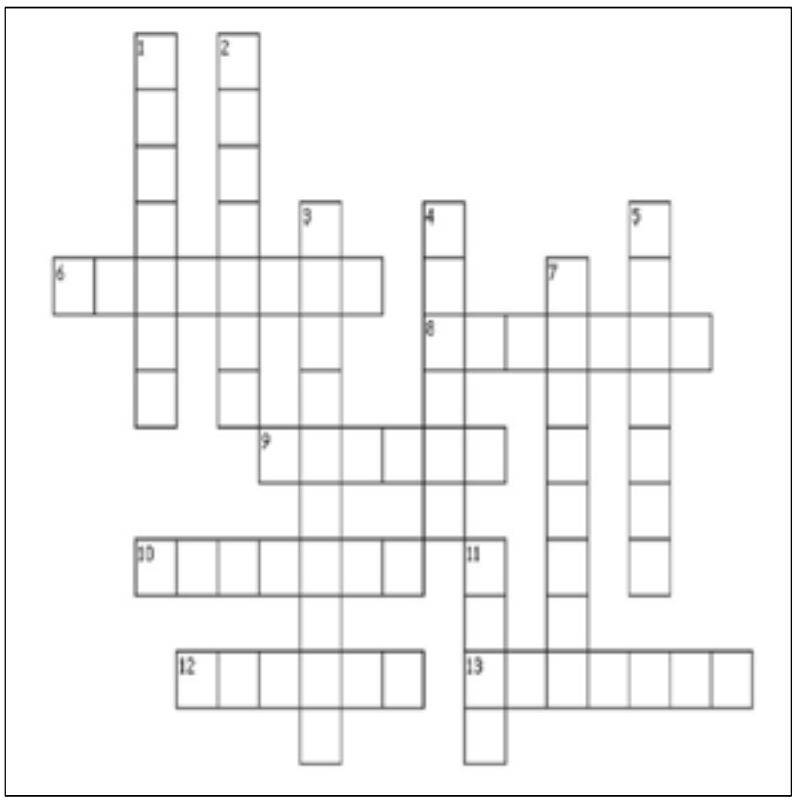
Megan Rossing

Brittany Bell

Mesa Burgstahler

You've probably heard these famous quotations from Shakespeare before, but do you know who uttered them? If not, well then, it's time to learn *who* you're quoting! (Look out for the answers to this puzzle in the next issue!)

Who Said It?



Clues:

Across

6. "Some are born great, some achieve greatness, and others have greatness thrust upon them" (*Twelfth Night*)

8. "All that glitters is not gold" (*The Merchant of Venice*)

9. "All the world's a stage, and all the men and women merely players" (*As You Like It*)

10. "The miserable have no other medicine, but only hope" (*Measure for Measure*)

12. "That which we call a rose, by any other name would smell as sweet" (*Romeo & Juliet*)

13. "Men at some times are masters of their fates: The fault, dear Brutus, is not in our stars, but in ourselves, that we are underlings" (*Julius Caesar*)

Down

1. "The Robbed that smiles, steals something from the thief" (*Othello*)

2. "If you prick us, do we not bleed? If you tickle us, do we no laugh? If you poison us, do we not die? And if you wrong us, shall we not revenge?" (*The Merchant of Venice*)

3. "A horse! A horse! My kingdom for a horse!" (*King Richard III*)

4. "To be or not to be: that is the question" (*Hamlet*)

5. "Some rise by sin, and some by virtue fall" (*Measure for Measure*)

7. "Give every man thy ear, but few thy voice" (*Hamlet*)

11. "Lord, what fools these mortals be!" (*A Midsummer Night's Dream*)

Ask Sophia

Welcome to Ask Sophia, the Mat-Su Monitor's regular advice column. If you have a question you'd like to see answered, e-mail it to sophia@matsu.alaska.edu or submit it in the Ask Sophia box in the FSM front lobby.

Q. Dear Sophia: I need help. I don't know if I like guys or girls.

A. Dear Friend: It sounds like you have some internal conflict on which I don't feel qualified to give you advice - since I don't know your personal thoughts and feelings, I can't tell you, "Oh, for sure you like guys" or otherwise. What I can do is direct you to where you can talk to an experienced professional. As a Mat-Su College student, you can take advantage of up to five free counseling sessions (which can take place on campus!) through Mat-Su Health Services. Call (907) 376-2411 to make an appointment. See Offices > Student Services > Counseling Services on the Mat-Su College website for more information.

Q. Dear Sophia: How can we request longer math tutor hours (like having a tutor on Friday)?

A. Dear Friend: Math tutoring is available from 10:00-2:00 on Fridays in JKB 107.

Q. Dear Sophia: What would be your suggestion or guidance to somebody who realizes the major they just spent their last two years for is not what they want to do?

A. Dear Friend: Well, the good news is, you don't have to commit to your major for the rest of your life. Many college students change their major one or more times during their college career. Talk to your academic advisor about switching to something that promises a more bearable post-college career. If you're interested in a field similar to the one you're in now, some of the courses you've already taken may apply to your new major - which will be a good time- and money-saver. If it's a drastic change and only the GERs transfer, don't despair! At least you were only two years in, instead of nearly to graduation! If you do decide to go a different direction, remember that the past two years weren't a waste of time - you still learned valuable skills and information, even if it doesn't all apply directly to your future job.

A. Dear Friend: Why don't we have a Dragon Costume for special events? Other colleges have their college mascot in costume. I think it would be really cool - maybe at the State Fair, Kids2College, etc. Maybe Student Government or Marketing could come up with some money??

A. Dear Friend: I think it would be a great idea to have a costumed mascot for college events. Since I don't have time to be there myself (I am a very busy dragon... many people don't realize that answering the questions of lovely people like you is only a hobby, not my day job), I would be honored to have someone represent me! You can get this ball rolling by going to one of the Student Government Council meetings, where you can pitch the idea to those who can possibly make it happen. The meetings take place every Wednesday from 11:50 to 12:50 in FSM 105.

A. Dear Friend: Where does money come from for student snack week? Is it the student fee of 2.00 per credit or something else?

If you're referring to the snacks which are offered to students during finals week, they are paid for with the Student Government Fee which students pay at registration (it is a $6.00 charge and is called "MSC Student Gv't Fee" on your student account, which can be viewed on UAOnline).

Have you ever avoided a Shakespeare play because it seemed "too hard to read"? Well, no one can blame you, but don't despair! Sure, his language might take some getting used to, but something you may not have realized is that he was the first to pen many English words used commonly today. That's right! On any given day, you may use a variety of words that were...

Coined by Shakespeare

Y	L	T	S	A	V	Q	P	U	A	T	O	M	Q	L	N	T	L	L	L
A	Y	F	J	G	Y	M	N	B	R	Z	Q	Z	U	U	E	N	L	U	O
C	R	I	M	P	O	R	T	A	N	T	L	Y	A	F	G	E	A	G	N
M	R	A	M	X	E	D	D	J	G	N	R	Q	R	E	O	M	B	G	E
N	O	I	T	A	N	I	S	S	A	S	S	A	R	C	T	E	E	A	L
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P	U	P	P	Y	D	O	G	E	N	O	F	A	N	U	N	B	D	A	O
K	I	S	S	I	N	G	G	E	E	D	H	A	M	W	A	K	E	N	O
E	S	I	M	O	R	P	M	O	C	R	S	S	R	N	O	B	D	T	M
R	R	K	X	H	R	E	B	L	I	Z	C	W	O	M	E	D	A	I	C
U	A	R	I	L	R	S	R	G	W	O	I	I	J	D	H	N	J	P	N
T	V	N	W	I	C	E	S	S	E	L	H	T	R	O	W	O	P	P	Z
R	V	L	T	E	K	N	A	L	B	S	O	O	U	K	Y	Q	U	E	I
O	T	E	N	A	L	L	I	G	A	T	O	R	E	G	G	A	W	S	J
T	R	E	I	Q	Z	I	S	F	Z	M	Y	E	L	P	I	N	G	T	E

alligator
assassination
bedroom
blanket
compromise
disgraceful
downstairs
excitement
eyeball
farmhouse
fashionable
gloomy
hurry
importantly
jaded
kissing
lonely
luggage
majestic
moonbeam
mountaineer
negotiate
numb
obscene
puke
puppy dog
quarrelsome
rant
retirement
shooting star
swagger
torture
traditional
unreal
vastly
watchdog
worthless
xantippe
yelping
zany

Okay, okay... I know that nobody uses the word, "Xantippe" on a regular basis, but hey, my OCD told me that I needed to include every letter in the alphabet!

If you don't believe me (or if you want to see a comprehensive list of words), check out the book, *Coined by Shakespeare*, by Jeffrey McQuain and Stanley Malless.

By Jewel Burgstahler

BPA *continued from page 1*

organization that supports business and information technology educators by offering co-curricular exercises based on national standards. The organization's mission is to contribute to the preparation of global professionals through the advancement of leadership, citizenship, academic, and technological skills. BPA is designed for students pursuing careers in business management, office administration, information technology, and other related career fields. This goal is accomplished through community service projects, connecting with professionals, and state and national leadership conferences.

During state and national leadership conferences, members can participate in over 70 competitive events included in the following categories: Finance, Business Administration; Management Information Systems; Digital Communication and Design; and Management, Marketing and Communication.

Members of the Mat-Su College Chapter will be eligible to attend the state leadership conference (SLC) that will be held at Mat-Su Career and Technical High School on February 15-16, 2019. Those who qualify at SLC will be eligible to represent the Alaska Association at the National Leadership Conference (NLC) that will be held in Anaheim, California on May 1-5, 2019.

NLC conferences include a variety of networking opportunities, competitive events, and exploration of the area. Last year, at the National Leadership Conference in Dallas, Texas, the 15 Alaska Secondary BPA members competed in events, attended workshops, socialized with other BPA members across the nation, attended a Special Olympics event, and voted for Secondary and Post-Secondary national officers.

For more information:

Visit these websites:

BPA National (www.bpa.org)

Alaska BPA (www.alaskabpa.org)

Or feel free to contact the following people. They are anxious to hear from you and answer any questions that you have.

Email:

Alaska BPA State Advisor, Mrs. Amy Riddle (amy.riddle@matsuk12.us)

Alaska BPA State Vice President, Engen Sundberg (engens98@gmail.com)

Alaska BPA collaborator Ryan McCrossin (rjmccrossin@alaska.edu)

ELECTIONS *continued from page 15*

of Elections candidate page: http://www.elections.alaska.gov/Core/candidatelistprim.php.

Unless you have been in a media blackout then most likely you have at least heard of Ballot Measure 1. This is an initiative to enact new regulations and permits regarding protected salmon habitat. Perhaps you are unsure on what this ballot means, and what does a vote yes or no mean for Alaska. There are many resources out there to help you make an informed vote. While the actual wording can be found on the State of Alaska website, it can be hard to decipher a legal document and may leave you with more questions. If you're looking for something that is easier to understand in terms that people use one would recommend Ballotpedia.org. Here you can read the measure, what a yea or nay votes means in terms of how it effects Alaska, and a history of how the measure got on the ballot and who argued for and against.

Now that you know the issues and candidates, the next step is when and to know where and when to cast your vote. Midterm general elections will be November 6th 2018. If you are in District 11 then you can vote right here on campus. If you are not in District 11 then don't worry, you can still vote here at a state level, but won't be able to vote for your state House representatives. If you want to find a polling location in district this information can be found http://www.elections.alaska.gov/Core/listofpollingplacelocations.php. Most likely if you live in the Mat-Su Valley you will most likely be in district 10, 11, or 12.

With a little research and information the voting process does not seem so daunting. For many people this is the first time where you will have a chance to have your voice heard on a national or state level. So whether this is your first election, or one of many, I encourage you to get out there this November and use your right to vote.

SHARPE'S *continued from page 11*

and Juliet truly is a gift that keeps on giving.

Memorable quote: "A plague on both your houses."- Mercutio

Much Ado About Nothing: Let's end this on a high note, shall we? If you like romantic stories with dark undertones, but where the characters are all likable (for the most part - Claudio and Don John are both pretty annoying, actually), this is a great pick for you.

It centers on a group of soldiers who are returning from war and decide to stay with a man named Leonato. One of the soldiers, Benedick, has a battle of wits going with Leonato's niece Beatrice. They both despise each other and neither wants to ever get married. However, Benedick's friend Claudio falls head over heels for Leonato's daughter Hero and the two are given permission to get married. Since these two are so happy, the party decides that in the week that they have to wait to get married, it would be a fun project to get Beatrice and Benedick to fall in love. Hilariously, this is easy to do and shenanigans ensue. But the evil, illegitimate half-brother Don John wants nothing more than to ruin everyone's week and in the process try to dishonor an innocent woman who has done literally nothing to him.

All in all, this is a great story. Benedick and Beatrice are hilarious and oddly relatable characters. Beatrice is overly particular with the kind of man she wants, and Benedick prefers to be alone and has commitment issues. Having these two characters fall in love is not just hilarious, it's kind of inspiring to think that if we wait long enough, the perfect person will show up without us knowing it.

There are two adaptations of this play that I know of, there was one from 1993 starring Kenneth Branagh, Emma Thompson, and Keanu Reeves (who we all know is the ideal Shakespearean actor), and the 2012 version directed by Joss Whedon.

Memorable quote: "When I said I would die a bachelor, I did not think I should live till I were married,"- Benedick (Act III, Scene II)

Advertisers sought!

The Mat-Su Monitor is the student newspaper of Matanuska-Susitna College.

With a circulation of about 7,000, an educated readership, and affordable rates, it is the perfect place to advertise your business, cause, or event.

For details, call 745-9740, email mwmuer@matsu.alaska.edu, or visit http://bit.ly/1d1nLwR

Microsoft Office, for Free

By Art Corvelay

As a student affiliated with a UAA campus, you have free access to Microsoft's Office 365 website.

Office 365 offers browser-based versions of some the popular Office programs: Word, Excel, and PowerPoint. These lack a few features found in their desktop counterparts, but make up for that by saving your files to "the cloud" and by allowing multiple users to simultaneously edit the same document.

Better still, Office 365 users have the option to install the full 2016 versions of Word, Excel, and PowerPoint. Simply sign into Office 365 and click the "Install Now" button.

You can access Office 365 by visiting https://portal.office.com and signing in with your UA username followed by @alaska.edu.

Students who want a free, no-strings-attached office suite that will be available long past their graduation should look at LibreOffice (https://www.libreoffice.org/).

Medicine *continued from page 8*

doctors and each other. The right questions often are not getting asked. This is where all three of the panelists are trying to change things. Dewitt had said that if you give a patient the opportunity to speak and be heard, 98 percent of the time the patient will tell you what is wrong with them.

Most likely at one point in your life you will have to see a doctor, and it good to know you have other options in your treatment. Be it a simple a simple flu or something more serious, there are different avenues for a patient to explore. For patients already frustrated with the current medical system, know that there are doctors willing to listen to the patient to solve -- not treat -- the problem. As a patient, take charge of your treatment and create an open dialogue with your medical providers. From changes in diet to herbal supplements, there are healthy, natural alternatives to pharmaceuticals. All of these alternatives can be found right here in the Mat-Su Valley.

If you are interested in learning more about alternative healing methods look out for an upcoming spiritual healing panel to be hosted right here on campus.

Mat-Su College
University of Alaska Anchorage

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Starting College
Next Spring?

APPLY NOW!

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future-students/apply-now

What our graduates say:

MSC does best to help students succeed!

Academic
&
Financial Aid
Advising
Available